

# Nation

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## Honouring Cree Mothers

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Cree Regional Authority  
Administration régionale Crie  
CAPITAL WORKS & SERVICES

# Water

## The Cree Nation's Most Important Resource

Good water quality is one of the top priorities of the Cree Nation. Due to its importance the Department of Capital Works and Services has been assigned the responsibility of taking care of this resource as it is vital to the health of our communities.

In the past years a great deal of work has been organized by the CRA Department of Capital Works and Services to improve the drinking water and wastewater systems in the Cree Nation. The water operators that are trained by our Department in this field face many daily tasks and different challenges to ensure that the water in each community is safe for drinking.

Communities throughout this province are required by the Quebec Drinking Water Regulations to have certified operators responsible for their local water systems. The courses for certification began in the communities approximately eight years ago.

The Cree Nation has many Crees who are now certified for Surface Water- Drinking Water Plant Operations and Well Water distribution. These certificates are valid throughout Quebec and are renewable every five years.

The Public Works Groups and Water Operations have greatly benefited from the knowledge of these graduates. In 2007 only five Cree communities had certified operators but we now have some in all of the Cree First Nations. Training continues to help operators stay informed and up to date with all the new procedures pertaining to this precious resource.

It is amazing to see all the changes that have taken place in the Cree Nation in the past years more specifically since the New Relationship Agreement of 2008. Most community water and wastewater systems are in the process of being computerized and hooked up via Supervisory Control and Data Acquisition (SCADA) systems. These systems will help improve the working, monitoring and reporting aspects of the water networks. As changes continue everyone will need to adapt.

The local drinking water and wastewater Operators and Public Works Departments do an incredible amount of work to help keep the water safe for our families and communities and we certainly want to thank them for their efforts!

## The next step?

by Will Nicholls

As a nation grows so does the need for more and more infrastructure, tools, policies and procedures that will enable it to develop in a healthy way. There is no doubt that the Cree Nation, as a whole, has grown over the years. Where we once had people stand in front of the candidate for the local chief they wanted to elect, changes in the communities saw the arrival of polling stations and secret ballots. It was an important change as voting for a losing candidate could have consequences as the communities grew and jobs were scarce.

Then with the signing of the James Bay and Northern Quebec Agreement (JBNQA), regional entities entered the political arena. Though the Grand Council of the Crees was not a part of the Agreement, the Cree people as whole decided a political arm to represent all the communities was needed. The position of Grand Chief was tied to the position of Chairman of the Cree Regional Authority (part of the JBNQA) and politics got a lot more complex and interesting.

This brings us to something we have to seriously consider and that is subsidizing candidates. Campaigning in Eeyou Istchee is a costly affair no matter how you look at it. Candidates have to cover over 450,000 sq. km in order to reach all the Cree voters. The cost of travel, food and lodging alone can be more than most people can afford and this limits our choices. Many countries introduced public funding for politicians because of rising costs. Others have done so as a result of the ways politicians have had to raise money. Past examples included

the wealthy and successful entrepreneurs supplying the funds to elect the candidate of their choice. These days campaign fundraising has expanded to include special interest groups and others, who would benefit financially from an election result.

Not to say Eeyou Istchee has political fundraising problems but a proactive action would be better than a reactive measure. Given the growth and political strength of the Cree Nation it would not be surprising to see non-Crees, such as businesses, consultants and lawyers, make political contributions in order to see an outcome that would create a beneficial atmosphere for them. In effect non-members of the Cree people of Eeyou Istchee would play a part in deciding who our leaders are. These days many countries ban anonymous donations or contributions from foreign sources. Is it not time that we follow in those footsteps as they would benefit our right to a democratic process without interference?

In looking at Cree public political financing we would have to have some degree of transparency with monitoring, control and enforcement of the rules for the funding of political competition with adequate legal stipulations. There should be a reasonable funding limit per candidate and tied to votes as to not make this open season on Cree public funds.

With the growth of the Cree Nation, people need to ensure that money and financial backers are not the most important factors in electing our leaders. It is the next step to ensure we have the right leaders for the Cree Nation.

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Virginia Wabano



# Revolution

by Sonny Orr

“Dad, what’s a hippie?” My daughter wonders about such things. I reply, “A hippie is the opposite of the straight, narrow-minded, war-mongering people and peace and love were the code words of those days.” Also, groovy, cool, hip, dude, chick among many other slang words.

Then, what’s a yuppie? My mind flips into overtime, well... they’re nearly the same as hippies, except with suits and sweaters with letters on them. No wait that was before the hippie days. Anyways, when you look back, hippies changed the world and altered the way we think of the world around us.

For us up north, we lagged a little behind. A number of years went by until someone realized that headbands were out, the same for those garish bellbottoms that were the rage for a period of time. Around those days, the world was changing so rapidly, but that universal peace feeling lingered on for some years back home. But a revolution was heading our way, something that would change our little Shangri-La forever. Yes, it was development and an almost futuristic mind-boggling type of development.

Almost overnight, a massive project changed our lives and futures forever. This was bigger than the hippie movement. Hey, whoever heard of a hippie with money? Money and more money flowed constantly through the hands of workers who never really made money. People and massive machines were everywhere. All of a sudden, everyone owned suburbans and trucks. These were vehicles that could take off-roading to another level, as most roads had to be built first. The term SUV was never heard of as we learnt how to drive the treacherous paths we liked to call roads. Driveways? Never heard of them.

As our little world had nothing around you could call a driving school, you could always depend on Simon or Johnny, George or Eddie to show the sleight of hand they liked to call changing gears. Although these guys might of heard of John Lennon, the most radical music to listen to was “Jesus Christ Superstar” which at that time was battling against the hard western music style and big band stuff versus Elvis and the Beatles. Ahhh, those were the days.

Okay, what about those punk rockers and guys who slam danced? Well, it’s sort of like the whole world doesn’t like swarmy nice stuff all the time and once in awhile, you gotta listen to this stuff just to appreciate the great music that hippies listened to. Also, the world belonged to the record player and I belonged to that era. An eight-track player and ferric oxide tape was high tech, especially since you needed electricity to use those things (most of our players were battery driven). I could see that I was talking gibberish to my child and ended with... you could always tell who a hippie was in those days, when he flashed a peace sign.

Hippies often wore jean jackets and every tear and hole in them had a story behind it. Jeans were in too, and the more worn out they became, the more they were worth. I used to wear jeans that had patches on the patches. I believe that Levi’s were the toughest to wear out and the embarrassment of wearing new jeans could be solved with Javex. But hey, jeans were cool.

Then the world was forever tarnished by disco music and the horrible “no jeans allowed” rules for disco bars. Thankfully, I never had much exposure to disco so I never changed. My daughter nods her head knowingly.

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## EDITORIAL BOARD

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## EDITOR IN CHIEF

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## CONTRIBUTING WRITERS

J. Staniforth, S. Orr, A. German, A. Levitas,  
N. van Beek, E. Cowan, X. Kataquapit,

## PHOTOGRAPHY

A. German, N. Diamond,

W. Nicholls, D. Valade

## DIRECTOR OF FINANCES

Linda Ludwick

## SALES REPRESENTATIVES

Danielle Valade, Ginette Grégoire

## PRODUCTION COORDINATOR

K. Larocque

## DESIGN AND LAYOUT

R. Lawson

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*The Nation* PRODUCTION OFFICE

4529 CLARK, #403, MONTREAL, QC., H2T 2T3

EDITORIAL & ADS

TEL.: 514-272-3077, FAX: 514-278-9914

*The Nation* HEAD OFFICE

P.O. BOX 151, CHISASIBI, QC. J0M 1E0

www.nationnews.ca

E-MAIL ADDRESSES:

Editorial: nation@beesum-communications.com

news@beesum-communications.com

Ads: for Danielle Valade

ads@beesum-communications.com

for Ginette Grégoire

publicity@beesum-communications.com

Classifieds: news@beesum-communications.com

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# Endangered species

## The Cree are leading efforts to preserve the caribou herds

by Akiva Levitas

A report released last year outlining the state of decline of the woodland caribou herds of northern Quebec brought attention to the dire situation. In response to the situation, the Cree Regional Authority (CRA) released a plan April 10 detailing a new method aimed at preserving some of the last untouched forest ecosystems of North America for future generations.

During the release of the plan Grand Chief Matthew Coon Come said, "Forty years ago the Quebec government put the Broadback River on notice for its destruction by way of hydro-development. Today the Crees request the river to be put on notice for its protection."

Despite being protected from hydroelectric development as a part of the Paix des Braves agreement in 2002, the Broadback watershed has been facing increasing encroachment by the raw resource extraction industry, mainly lumber operations, over the last few years. The Broadback Watershed Conservation Plan is being seen as the way forward towards a more prosperous and eco-friendly development plan for the area.

The plan consists of two levels of protection from industrial development. In total, there will be 20,000 square kilometres of protected land under the plan with the area divided in two sections. The first section will be designated as a core protection area, which will include a park and a nature reserve preventing all industrial development in the 9,335 square kilometres of the first level. The second stage of the plan consists of the surrounding area, which will be maintained as a special management buffer zone, which will be used to balance the interaction between people and nature. In the buffer zone industrial activities will be permitted, but will operate under a broadly considered management strategy.

Environmental groups, such as Nature Quebec and the Canada Boreal Initiative (CBI), have lauded the efforts of the CRA and the leadership of the Grand Council of the Cree (GCC) for embarking on this innovative conservation plan. "CBI has supported the Crees in developing these protected area proposals for many years," said Suzann Méthot, CBI's Regional Director in Quebec. "We recognize the great value of the Broadback-Lake Evans area for the Aboriginal way of life, as well as its importance as habitat for the threatened woodland caribou."

The report on the dwindling caribou populations was released in September 2012. But the situation for the large fauna being in danger has long been known with reports being published as early as 2002 by the Committee on the Status of Endangered Wildlife in Canada with subsequent updates released in the following years.

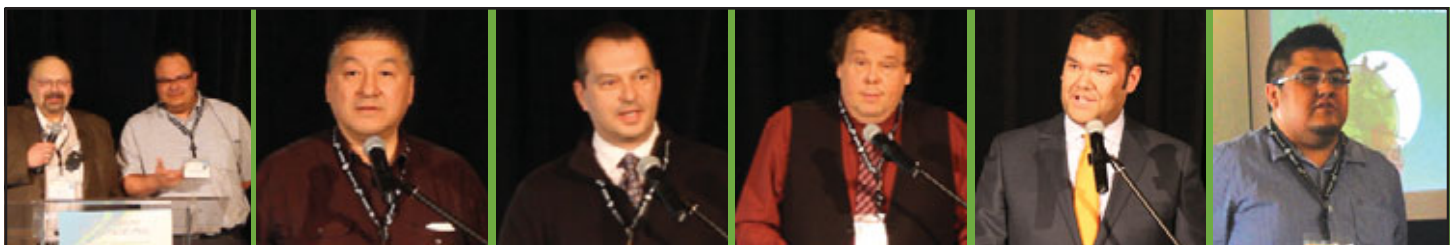


The most recent report branded the three major caribou herds in the region – the Assinica, Nottaway and Temiscamie herds – as being Not Self Sustaining. In order to preserve these caribou herds, the report outlined four points to facilitate population recovery. This includes, "avoiding further development within areas known or presumed to be occupied by woodland caribou; targeting net reductions in overall cumulative range disturbance; encouraging an immediate halt to the subsistence harvest of woodland caribou; and forming strategic alliances to ensure the proactive recovery of the James Bay metapopulation."

The cooperation between the CRA and the Quebec government in preserving the Broadback watershed is also aiding the province to meet its international obligations. In 2011, Quebec signed onto the 10-year plan proposed by the United Nations Convention on Biodiversity.

The Broadback Watershed Conservation Plan will help Quebec in achieving the criteria set out by the plan. Méthot added, "The Cree proposal is consistent with Quebec's commitments to protect at least 50% of the northern territory. The Crees' initiative offers the Quebec government with a great opportunity to address their commitments in the boreal region."

The purpose of the plan is to keep the momentum moving forward from the proposals on conservation set up by the Plan Nord and help usher in a future where both the region's population and ecosystem can flourish side by side.



Sidney Orr and Jonathan Saganash, Cree Entrepreneurial Customs and Traditions

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## NORTHERN QUEBEC ENTREPRENEURIAL SYMPOSIUM Towards the Development of Sustainable Partnerships in Northern Quebec

March 12 and 13, 2013, Chibougamau hosted a memorable entrepreneurial meeting of minds and businesses during the 2013 Entrepreneurial Symposium. Gathering together Cree Inuit and Jamesians, these two days of discussions confirmed the Northern Quebec business community's firm intention to network and collaborate in the development of their region.



Cathye Lachance, Chambre de commerce Martin Loisel, Centre d'entrepreneuriat nordique, Organizing Committee

This prestigious event was a choice opportunity for 161 business people from Jamesia (121), Eeyou Istchee (40) and Nunavik (9) to get to know their peers and promote their interest for the development of economic opportunity in the North as well as in partnerships reflecting our great and immense region.

The member-organisations behind this exceptional event: Centre d'entrepreneuriat nordique, Chambre de commerce de Chibougamau, Chibougamau Eenu Friendship Centre and Eeyou Economic Group express their profound appreciation to our Northern Quebec business partners as well as to the participants whose interest and involvement made this Symposium a worthy crossroads. Until we gather again in 2014!



Jo-Ann Toulouse  
Chibougamau Eenu Friendship Centre,  
Organizing Committee

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# Keeper of the language

## Dinah Asquabaneskum from Wemindji speaks about her life

As told to Eleanor Cowan

I was born in a winter lodge on my father's trapline, not far from LG3, in 1958. As a child, I couldn't go to school as much as I wanted because classes began in September, when my parents and I returned to the traplines. We came back to Wemindji only in March, so the established school year didn't work well for me. My older brothers and sisters had already been sent to residential school in the south.

When I was nine, my three younger siblings and I were sent to St. Phillip's Indian Residential School in Fort George, just outside present-day Chisasibi. We stayed there even during the Christmas holidays because my parents were in the bush. Sometimes I heard a child crying in her dorm bed. Maybe it was me. At school, unhappy children would do what unhappy children often do. They'd bully each other. I learned to tread softly. I learned to be quiet. Violence could erupt at any time.

That summer we saw my aunt, Nancy Mistacheesick, and we begged her to keep us with her. Because of her love for us and her care, I was able to complete Grades 4, 5 and 6 in Wemindji. I returned to residential school for two more years of education though, because there was no Grade 7 or 8 here.

By that time, St. Philip's had hired Mathew Ratt to teach us the Cree language. Speaking only in Cree, Ratt told us that the Cree people are hard workers and that we are the keepers of the land. As I listened to his wonderful stories about the beauty and the gifts of our land and about the strength and courage of the Cree people, I had no idea that one day, I too would become a keeper of our beautiful Cree language.

At the end of that school year, my parents needed my help and I returned to the bush. It was a strange time for me. I hadn't lived with my mother and father since I was nine years old. Now I was 16.

There was a disappointing disconnect. I sensed that my parents blamed me for the distance between us. Perhaps because I needed it so much at that time, I was deeply moved by the beauty of the land: fresh-scented flowers and wild blueberries in summer, snowy hills and chirping birds singing all through the hard, cold winter. Nature healed me and comforted me, day by day.

Once, Dad needed me to boat with him to check for beaver dams along the coast. He handed me the paddles and told me to steer. I agreed and jumped into the front area of the boat. Dad was shocked. How could I not know that in order to steer a boat, I had to sit in the back of it, not in the front as I had done? He asked me what they'd taught me in that school I went to. Perhaps my parents assumed that at 16, I'd learned the complex skills required to survive on the land. They knew Cree life in the bush was serious. One mistake could cost a life. My Dad knew this well. His two brothers died of starvation while on hunting trips. But no, I had not been taught Cree expertise by anyone.

I returned to Wemindji where I worked as Home-Care Worker for six years. I worked at the Cree Health Board and Social Services. I was a cook at the Maquatua Inn and a dental assistant. I learned quickly and loved to help. When I was 18, I married a fine hunter, Harry Asquabaneskum, at the Anglican Church. Ours was a double wedding alongside Ida Tomatuk and her groom, James Gilpin. Harry and I have five children: Marjorie, Charlene, Gordon, Glen and Terrence.

Happy as I was, I wanted even more for myself. I knew I could go farther and so I registered for Adult Education at Maquatua Eeyou School. There I met inspiring teachers such as Eva Loutitt and Linda Vistor. Mario Boiselle taught me math and I loved it. One day, Mary B. Georgekish, who taught Cree language,



asked me to substitute for her. That was my beginning.

Shortly after that, I began my Bachelor of Education with UQAT. I also began to study for my Cree Language teaching certificate through McGill University. Gratefully, my daughters helped me during that challenging time and my sons learned to cook for themselves. My husband encouraged me. With five children and all the demands of family life, it was still possible to succeed. After nine years of continuous study, I graduated in 2010.

I see changes in the Cree communities that were not part of my childhood. There's the strong inclusion of hockey, and second and even third languages, and all manner of new technology, and a variety of religions that were not part of our ancient history. I welcome these changes and hope everyone enjoys and benefits from them without sacrificing any part of our own history. I'd like to see Cree people travel and work wherever we like, but we must always remain keepers of the land. Let us speak as many languages as we want, but let Cree be our most fluent one. This is my dream.

*This is the first of three interviews with Cree teachers from Wemindji.*

## Quality Inn Val-d'Or nominations

After winning three awards at the regional level, Quality Inn & Suites Val-d'Or has been nominated for two awards at the 27th annual National Gala for the Grand Prize in Quebec Tourism. The finalists were announced on April 16 with Quality Inn Val-d'Or being nominated in the categories for accommodations with 40 to 199 units and for up-and-coming tourism leader, with the nod going to assistant manager Alexandre Audet. The awards were created to honour companies and personnel for their innovation and excellence in the field of tourism.

This year, nine nominees were chosen from the Abitibi-Témiscamengue region. Stéphanie Lamarche, the director general for tourism in Abitibi-Témiscamengue, expressed pride

about the nominees saying, "This is one of the best performing regions in the province. The nominees are proof that our industry is very dynamic, and it strives for excellence."

Quality Inn & Suites Val-d'Or has been a leading business enterprise in the region since its founding by CREECO in 2011. Their award-winning service has earned them much recognition in a relatively short time in the hotel business and has helped further establish the tourism industry in Abitibi-Témiscamengue.

This year's Grand Tourism Prize Gala will be taking place May 14 at the Hilton Casino du Lac-Leamy in Gatineau. Hundreds of nominees, representing all corners of Quebec, will find out if they receive first, second or third prize for 18 different categories encompassing the many professions

and industries involved in tourism in the province.

## Attawapiskat reimbursed

After a year of holding back support funding at the Attawapiskat First Nations, the Conservative government sent a single transfer of \$136,132 to the band office for the work of the third-party manager. The amount covers his time managing the community between December 2011 and April 2012.

The payment comes after the Federal Court ruled that Ottawa's appointment of a third-party manager was "unreasonable in all circumstances." However the government made sure to point out that the reimbursement was not linked to the court ruling, stating it was made in the public interest. The trial judge for the

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case, Justice Michael Phelan, wrote in the ruling, "The problem seems to have been a lack of understanding of the Attawapiskat First Nations' actual needs and an intention on the part of officials to be seen to be doing something."

The third-party manager was appointed after the housing state of emergency was declared October 2011. On the day he arrived, manager Jacques Marion was kicked out the community, and a message was sent to the Aboriginal Affairs Minister that Attawapiskat would not be paying for his services. The contract for the third-party manager for his work was determined without any consultation with the First Nation, despite being the ones expected to pay for the services. Band manager Wayne Turner said his office was surprised to receive the cheque last December because there

was no mention of a reimbursement during the trial.

## Financial transparency act becomes law

Bill C-27, also known as the First Nations Financial Transparency Act, has reopened the controversy surrounding the salaries of First Nations chiefs. Critics of the new bill argued that the public is being fed myths and stereotypes over the salaries of the First Nations chiefs.

On March 27, the bill received Royal Assent and became law despite opponents of the bill stating that accountability was already in place. The point they argue is that band offices do not receive any funding without submitting an audited financial statement and this new bill only serves to demonize First Nations to the Canadian public.

The Assembly of First Nations (AFN) opposed the legislation on the grounds that there are other ways to increase transparency without increasing federal interference in the affairs of First Nations communities. AFN Chief Shawn Atleo said, "We do not support unilateralism that further entrenches us in a system that doesn't work for our people or Canada. The answers lie in our communities and with our citizens, not with more control from Ottawa."

Supporters, spearheaded by the Canadian Taxpayers Federation (CTF), have welcomed the signing of the bill into law. CTF director for the Prairie region Colin Craig said, "The sad reality is many people on reserves can't find out how much their chiefs and councilors are making and that's something the grassroots have told us loud and clear they want to know."

Comic strip courtesy of Tundra Comics: [www.tundracomics.com](http://www.tundracomics.com)



**“My late father was more my role model when I was growing up. I learned a lot more about motherhood from him as he was both a father and a mother and so am I as a single mom.”**



Charlotte Ottereyes, Regional Economic Development Coordinator, CWEIA

## I am mother, hear me roar Two Cree women reflect on motherhood

by Amy German

Whether you are a single mom braving it on your own or a grandmother with numerous grandchildren, part of being a Cree mother is not just your bloodline but an ancestral connection to how the land and tradition have shaped families for generations.

To talk about what motherhood has meant to them, two brave, proud and strong mothers and members of the Cree Women of Eeyou Istchee Association (CWEIA) from very different walks of life spoke to the Nation about their journeys through motherhood and even grand-motherhood for one of them.

So, in honour and celebration of mother's everywhere for Mother's Day, here are two unique stories of Cree identity, life, love, loss and renewal.

### Virginia Wabano, CWEIA President

A modern-day, working Cree grandmother, Wabano has taught school in Waskaganish for the last five years and in 2011 was elected as president of the CWEIA. She is also the mother of four grown children and the grandmother of three.

“Life is good and though we live in this swarm of business, we still take the time to do traditional activities like the annual hunt. One of my kids even attended powwows and so we spend a lot of time with one another doing traditional practices,” said Wabano.

Like many Crees she spends a great deal of time on the road, balancing her time for work and family between Ottawa, Montreal, Val-d'Or and the Cree

communities for work and then Timmins, North Bay or Moose Factory where Wabano grew up. Though she is a Waskaganish Cree, she grew up in Ontario.

“The reason why my father decided to move us to Ontario was because of education and he thought that residential school would provide that.

“His ideal was for us to have an education and maintain our way of life at the same time,” said Wabano.

This ethic is something she has passed on to her children and grandchildren. Even though Wabano quit school because she was needed at home, 20 years later she went back to school, finished up her credits and then went on to become a teacher.



“Even though we want to carry on with our traditions as Native people with traditional values in our culture, we still need to walk in this society,” she explained.

While Wabano grew up in a Christian home, starting in 1974 when her parents converted, she said that Cree traditions and culture have always been part of her past and her future.

“I went to residential school until I was 13 years old and so a lot of the traditional experiences that I had as a child were very limited. I do remember however when we had the opportunity to see our parents, most of that time was spent out in the bush because my parents were trappers. This is what we did in the summer, winter and fall.

“So, come Christmastime, they would be out on their traplines and that was where we were transported to,” said Wabano. This is where she always remembers being closest to her parents as a child.

In the bush, Wabano said she and her family carried out traditional activities like cooking and sewing and it was this that stayed with her later on in life. When her mother fell ill Wabano said she and the other women in her family would sit and sew with her mom in her room.

Though it now takes a lot of coordinating for Wabano to be with her spread-out family, she values that time immensely. She said her children celebrate her with greeting cards at holidays like Mother’s Day and Christmas that tell her what an inspiration she has been to them and these are something she deeply cherishes.

### **Charlotte Ottereyes, Regional Economic Development Coordinator, CWEIA**

As a single mother, Ottereyes is not only a determined success in business and helping other women start out and fulfill their dreams, but passionate about caring for her nine-year-old daughter.

While her relationship with her own mother is incredibly important to her today and they are very close, this wasn’t always the case. Ottereyes said it was actually more her father who she would turn to while growing up due to her mother’s substance-abuse problem.

“My late father was more my role model when I was growing up. I learned a lot more about motherhood from him as he was both a father and a mother and so am I as a single mom,” explained Ottereyes.

**“Even though we want to carry on with our traditions as Native people with traditional values in our culture, we still need to walk in this society.”**

She said she learned a great deal from both parents however, particularly what life was all about and the Cree ethic that children really are a gift from God.

Ottereyes actually loved caring for children so much that before becoming a mother she was a foster mother to children in need. Understanding what it is like to experience difficulty as a child made her compassionate for the needs of children.

“It is important to learn how to properly teach your children. When I was growing up I saw how hard my mom and dad worked and yet they made time for us. While I work a fulltime job and travel a lot, I always make time for my daughter in the evenings or at lunch.

“Working for me is putting food on the table, clothes on her back and a roof over her head and that is what I always keep in mind. My dad never wanted us to be on welfare and he told me that I would go far in the future if I finished my education. He taught me balance,” said Ottereyes.

But her mother’s behaviour also shaped how Ottereyes acts as a mother and the choices she has made in her life, not wanting to make the same mistakes. Having never recovered from the scars of her own childhood in residential school, Ottereyes said her mother turned to alcohol and became abusive with her and her siblings.

Ottereyes decided to find out more about what had happened during the residential school system and learned forgiveness. She also broke the cycle of abuse when it came to her own child.

“We have the power to stop the cycle and stop abusing our children.

Some people abuse their children and they, in turn, abuse their children and so on. I said to myself that I couldn’t do this and all of my siblings did the same thing. Forgiveness is one of the best tools you can have for a brighter future,” said Ottereyes.

Learning how to forgive at 18 is what has made for a very close relationship between Ottereyes and her mother now. At the same time, she feels that having had the difficult life she had with her mother is what makes her a better mother to her own daughter. It is also what kept her away from touching alcohol or drugs. It kept her hard at work in school and, as a result, is now helping shape the lives of so many women in Eeyou Istchee.

“It is important to have these family values going because that is what my late father would have wanted and we carry this on with my siblings and my mom.

“When I told her that I forgave her she cried and said she wished she could turn back time and take it all back. I told her that she couldn’t and she shouldn’t.

“Because of her I really love my child and have never wanted to touch alcohol or drugs. I also help a lot of other people who have been through this,” said Ottereyes.

On behalf of the Nation, Happy Mother’s Day!

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- Complete the application form

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- Shipping is at participant's expense

### Don't forget:

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NAME \_\_\_\_\_  
PHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
COMMUNITY \_\_\_\_\_

### SAMPLE COLLECTED FROM

- ☐ Shore Line ☐ Island ☐ Stream Bank ☐ River Bank  
☐ Lake Side ☐ Mountain ☐ Other

SAMPLE LOCATION PLACE NAME \_\_\_\_\_  
MAP \_\_\_\_\_

GPS COORDINATES \_\_\_\_\_ E \_\_\_\_\_ N

SIGNATURE \_\_\_\_\_

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# Timmy's arrives in Mistissini

## Two Crees open their own Tim Hortons franchise

by Amy German

The new Tim Hortons' outlet in Mistissini isn't just the hottest ticket in town right now but it's a labour of love, devotion and passion for siblings Anthony and Elaine MacLeod, the two franchisees who stand proudly behind the counter.

Hosting its grand opening on April 15, the restaurant saw lineups out the door for the entire day and the following days as the community not only embraced the new business' presence but raised several cups of the brand's beverages in its honour.

"We have been extremely busy since we opened and we had a huge lineup on opening day. There were lots of guests surrounding our building and congratulating us, happy that they now have a Tim Hortons," said Anthony.

Explaining why he and his sister decided to go with the Tim Hortons brand, Anthony said it was an obvious choice because it is so well loved, not only amongst the Cree people in Eeyou Istchee but throughout Canada where it is the #1 brand.

The enthusiasm Crees have shown in the past for the brand has been very visible as many Crees could often be seen boarding Air Creebec flights with boxes of Timmy's doughnuts on their laps to take home for their families.

Anthony said he would see this phenomena all of the time when he was living in Chisasibi, just prior to opening up the restaurant. Crees would also make detours through Roberval and Lac St-Jean to pick up treats on their way home to the inland communities. So it's not surprising, he said that the Crees of Mistissini have been thrilled to have their own franchise.

While the opening of the restaurant is very popular, the fact that the MacLeods decided to start a franchise did come as a surprise to the commu-



nity when it was announced last fall that the siblings would be leaving their regular jobs to do so. Both MacLeods had been quite successful in their previous careers with Anthony helming of the Cree entity, Gestion ADC, and Elaine as the Executive Director of the James Bay Cree Communication Society in Mistissini.

Changing their careers came from a shared desire that the MacLeods had in becoming part of something larger as well as their entrepreneurial dream of possessing their own business.

"Don't get me wrong, we had wonderful jobs leading up to what we are doing now – moving forward with the Tim Hortons brand," explained Anthony.



## Cree Jobs Partnership

### Results from the Cree Jobs Partnership One-Year Extension

The Cree Jobs Partnership (CJP) is a training initiative comprised of the Cree Human Resources Development (CHRD), the Cree School Board, and CREECO and its subsidiary companies (including the Cree Construction and Development Company, Gestion ADC, and Air Creebec). With funding from Emploi Québec and the the Aboriginal Skills and Employment Partnership (ASEP), the Cree Jobs Partnership was mandated to provide training to 418 Aboriginals and to ensure long-term, sustainable employment for 301 of its trainees.

Due to the excellent training and employment results attained by the Cree Jobs Partnership during its first two years of operations, CJP was extended with funding from Emploi Québec for a third year to continue providing training to individuals in the catering, aviation, and construction sectors.

**The following results were obtained during the CJP one-year extension:**

#### Training Results

**408**

People  
Trained

408 individuals trained in the catering, aviation, and construction sectors.

Of the 408 Aboriginals trained, **79%** received CJP training for the first time.

Student retention rate remained high at **87%** of students completing their training (only a 13% drop-out rate).

35 training programs were provided in total, including 14 institutional programs, 17 on-the-job programs, and 4 mixed institutional/on-the-job training through the prior skills recognition (RAC) program.

12 students received D.E.P. diplomas through the institutional/on-the-job prior skills recognition (RAC) program.

**100%** of the training was provided at the community level.

An increased percentage of women received training during the third year, with women making up **32%** of the trainees during the third year compared to 18% during the first two years.

**87%**

Student  
Retention  
Rate

**100%**

Community  
Training

**14%**

Increase  
in Female  
Participation

#### Employment Results

274 CJP trainees from the one-year extension (67%) found long-term sustainable employment.

122 new jobs were created as part of the CJP one-year extension.

**274**

Long-Term  
Jobs

**122**

New Jobs  
Created

#### Overall Results from the Cree Jobs Partnership during Years 1 – 3

During the three years of the Cree Jobs Partnership, a total of **781** individuals were trained in the catering, aviation, and construction sectors.

Of the 781 individuals that received CJP training, **85%** (665 trainees) found long-term sustainable employment.

The Cree Jobs Partnership provided a total of **75** training programs, including 34 institutional programs, 32 on-the-job programs, and 9 mixed institutional/on-the-job prior skills recognition (RAC) training programs.

During the three years of the Cree Jobs Partnership, **65** trainees received D.E.P. diplomas as part of the mixed institutional/on-the-job prior skills recognition (RAC) training program.

Overall

**781**

People  
Trained!

Overall

**665**

Long-Term  
Jobs!



The Mistissini Tim Hortons is the latest franchise of 15 to open up on an Aboriginal reserve, according to Michael Nadeau, vice-president of Tim Hortons for Quebec and the Maritime provinces.

"What makes this community special are the individuals who are the franchisees. Both Elaine and Anthony are outstanding individuals and they are very engaged in the community. They are also business-oriented, well educated and just so passionate about everything that they do and so to me they just seemed like a good fit," said Nadeau.

Opening up the new location was not an overnight process. In order for the MacLeods to produce the same quality of products that are found everywhere else in Canada, Anthony and Elaine had to attend the company's Tim Hortons University.

Leaving behind their spouses in charge of their young families (five young children between the two), the MacLeods headed to Toronto for seven weeks of training to learn how to market the Tim Hortons brand to perfection.

"It was great – plus we learned all sorts of things about the products that we weren't aware of. They taught us about the baking, the management style and how to run a restaurant and so it was a great seven weeks. We did however miss our families."

Anthony said they knew that they were in the right place as he affectionately recalls being welcomed into the Timmy family upon arrival.

For Anthony, Tim Hortons wasn't just the right fit because of the products but they were also attracted by the corporation's community ethic.

"When you have a Tim Hortons brand like this, you have the coffee but everyone seems to forget that there is a whole other (charitable) chapter to this company. We are really looking forward to participating in this foundation with our guests here in Mistissini," said Anthony.

Those familiar with Tim Hortons may already know about the children's summer camps that the brand sponsors but it is only one of several programs supported by the corporation.



"We continue to be a part of the Aboriginal communities as much as we can and in this particular case, when you think about Mistissini, this year two children from that community will now be

**"WE HAVE BEEN EXTREMELY BUSY SINCE WE OPENED AND WE HAD A HUGE LINEUP ON OPENING DAY."**

able to participate at any one of our six camps across North America. The Tim Hortons Foundation really believes in youth and so now children from Mistissini will be able to go every year because there is a Tim Hortons in the community," said Nadeau.

Timmy's also sponsors leadership programs for Aboriginal youth from aged 13, up until high school graduation, with the hope that the corporation can help youth become stronger leaders in their communities.

According to Nadeau, their youth programs are a small part of a larger operation and commitment to community involvement, no matter what Canadian community they are in.

"We are a Canadian brand that fits everywhere and with everybody and I can't say it more than that. We are proud to be everywhere and we are proud to serve everyone in this country, wherever they are. I don't see why we wouldn't. To me, depending on the size of the community, I don't treat any area differently from another," said Nadeau.

Nadeau, who has been with Tim Hortons for 18 years, feels that he no longer just works for the corporation but sees it as a way of life. Mistissini was an ideal location for the company because it was the right model that fit with the right community and had the right partners. The company also has outlets as far as Iqaluit and even has locations in Dubai.

As for making the new outlet a reflection of Mistissini, Anthony said there are a number of options they are looking at for the future. For example, many franchises on Aboriginal reserves are decorated with murals depicting images of their community. They are also looking at possibly incorporating the

use of Cree syllabics in different signage within the restaurant. And, while most of their employees are trilingual, when Cree Elders come in to order they are respectfully addressed in Cree when placing their orders.

When asked whether he would recommend opening up another Tim Hortons in a different Cree community, Anthony responded simply that that is really more between the individual and the company.

But, as for he and his sister, Anthony said, "Elaine and I are both having a great time right now with this. We have great team members and wonderful support from Tim Hortons and TDL Group. We are very happy with what we have."

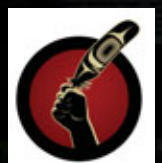
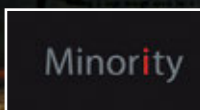


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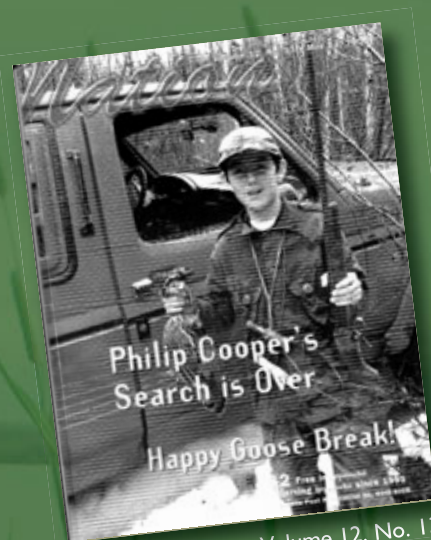


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**T**he *Nation* is turning 20! To commemorate this historic occasion, the *Nation* is embarking on a retrospective countdown to its 20<sup>th</sup> Anniversary in November 2013. In the next 13 issues, the *Nation* flashback will feature some of the *Nation*'s stories, photos and award winning coverage throughout the years, which will be compiled in a 20<sup>th</sup> collector's edition issue.



Volume 12, No. 13

MAY 13, 2005



## MY FIRST GOOSE BREAK

Photos and story by Steve Bonspiel

***The anticipation of shooting my first goose had me fidgeting in the car on the drive up to Paul Dixon's trapline. It also gave me a lot of time to think. I wondered how many geese I'd bag. I was hoping for three, but I'd settle for one.***

During the eight-hour trek from Montreal to Waswanipi, I thought about the way the Cree still live off the land today, and the way my people, the Mohawks, no longer do because of the amount of land that was taken from us and the fact that we don't have vast tracts to hunt on anymore.

It made me angry on a certain level but it also excited me that I would be living in the bush like my ancestors used to and experiencing, albeit for a few days, what it was like to live during that time.

I met Paul at the airport and we headed out to his camp and the anticipation of shooting something, anything, was running high. Once we got there, however, we ended up shooting something of a different smell altogether.

Some of the Dixon family stories I was told ended up being worth the trip alone.

One story in particular had to do with the logging roads and how alarmingly fast some of the Barrette-Chapais trucks travel down this narrow path. I was told that a while back around Kilometre 70 there was a logging truck barreling down the road at a good pace. Suddenly the driver spotted a bear in his path. The next thing he knew there were pieces of the large animal strewn all over the road and up to 40 feet away on either side. Paul was notified and was aghast when he got to the scene and found unidentifiable pieces of what could have been any animal. It certainly didn't look like a bear.

Despite this, Paul is amicable with people who "visit" his family's trapline. He treats everyone with respect, despite some non-native hunters and fishermen that treat the land like a trash bin.



# Favorite covers from Vol. 12 series



20<sup>th</sup> flashback brought to you by  
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2013

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- Commission de la construction du Québec
- Commission scolaire de la Baie-James
- Cree Human Resources Development
- CRSSS de la Baie-James
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- Stornoway
- Swallow-Fournier
- Xstrata Zinc, Mine Matagami
- Emploi-Québec
- Carrefour Jeunesse-Emploi de la Jamésie
- Centre d'études collégiales à Chibougamau et Services aux entreprises et aux collectivités
- Centre de formation générale des adultes de la Baie-James
- Centre de formation professionnelle de la Baie-James
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**more to come...**

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**“HE SAID HE WAS AMAZED – SOME OF THE GIRLS THERE HAVE PLAYED SINCE THEY WERE FIVE YEARS OLD, BUT THEY’RE STILL ALL OVER THE FIELD. HE SAID THAT JENNA REALLY UNDERSTANDS THE GAME AND KNOWS WHERE TO BE. YOU CAN PUT HER AS AN ATTACKER, A DEFENDER – SHE KNOWS WHERE TO PLAY. SHE CAN DO ALL THOSE POSITIONS.”**



## She shoots, she scores

**Jenna Ottereyes of Waswanipi is rising fast in the world of youth soccer**

by Jesse Staniforth

Four years ago, when Jenna Ottereyes moved to Val-d’Or with her family, she was hoping she could play hockey like she had back home in Waswanipi. Because she was only eight years old, however, she was too young for any league or team in town.

Two years ago, Jenna decided she’d try soccer, and a local sports organizer recommended she try out for a coach. Today, at age 12, she is likely the only Cree from Eeyou Istchee playing competitive soccer at the regional level, with the hope that she will advance to the provincial ranks in the coming years.

Even to her family, her rapid climb to soccer success comes as a surprise.

The day she tried out for coach Claude Montambeault, said her father, Jacob Ottereyes, “That was the first time she ever played soccer!”

But Montambeault recognized that Jenna had a fundamental talent.

“He told me she’s very skilled in positioning herself in soccer,” said Jacob. “She’s very disciplined in that way. She knew there was a structure to soccer, and she knew she had to stay at certain boundaries of the field. He said he was amazed – some of the girls there have played since they were five years old, but they’re still all over the field. He said that Jenna really understands the game and knows where to be. You can put her as an attacker, a defender – she knows where to play. She can do all those positions.”

Montambeault said that Jenna was in many ways a natural soccer player.





"She played hockey, and already had an idea of how to perceive the game, and she knew how to play on a team," he explained. "What I did with her was help her to understand her position, then let her determine what she needed to do in the field to meet the demands of that position."

Today, Jenna plays forward for both the Val-d'Or Blizz'Ors and the Abitibi-Témiscamingue Boréals. It's the position she finds the most exciting.

"What I like about it is the running," said Jenna. "I get to attack and make goals and pass. I just don't like being defence – I get nervous and I'm scared I might make a mistake, and then there's a goal."

At first, Jenna said, making the transition from hockey in Waswanipi to soccer in Val-d'Or was a bit of a culture shock. "It was kind of weird, because there was a lot of French people, and I felt like an outsider," she explained. Luckily, however, some of her teammates spoke enough English to reach out and include her in conversation. "They were nice to me. When I moved to Val-d'Or I went to French school for two years. Now I understand French, and I speak it okay."

Montambeault said that part of the problem is that Jenna is naturally shy and doesn't recognize her talent as a player.

"For her to function and increase her feeling of self-worth, I needed to put her in a situation where she could apply herself," Montambeault said. "She was a great player, but she didn't have self-confidence. She listened to what I asked and did all the work. She was respectful to me and other players and the coaches, but it was hard for her to fit into the group."

"On the field she was an excellent player. What I needed to do with her was help her to understand that she needed to play her position and let others cover their areas of the field. In hockey, you don't do that as much, but in soccer, you need to. Every player has a position and must do her own job. Jenna learned very quickly. If I had 11 players at the same level as her, I'd have a team full of stars."

It was Montambeault who recommended Jenna to the regional level, where she began to play with the Boréals early last winter. Though she said she found the new team demanding, she has risen to the task and continues to challenge herself. Above the regional league, there remains only the provincial level, and then Team Canada, which Jenna already has her eyes on.

"I want to be a professional soccer player," she said. "That's what I want to do."

On the first weekend of April, Jenna participated in the Laval International Soccer Cup, a championship of nearly 150 teams from across Quebec and other parts of Canada.

"It was a huge soccer dome with all kinds of people of different nationalities," Jacob said. "I was trying to see if there were any Crees, or any other Native people – maybe there were, Mohawks say, but I didn't recognize any. I was looking for Crees and I couldn't find any. The only Cree player was my daughter. I was astonished to see that."

## PUBLIC NOTICE

### Société de développement de la Baie-James

#### Registration on the Société de développement de la Baie-James (SDBJ) Supplier File

Within the framework of its call for tenders process by general invitation, the SDBJ invites contractors interested in becoming a part of its supplier file to present their candidacy for certain auxiliary services of which the estimated cost is equal or superior to \$100,000 but lower than \$1,000,000. The five-year supplier file will be valid until 2016.

Suppliers already registered do not have to renew their registration unless their situation has changed.

The auxiliary services targeted include the following specialties:

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**Eligibility:** Have a place of business in the James Bay territory.

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#### Cost of registration on the supplier file:

Non-refundable \$50 payment (including taxes).

**For information:** Ms. Chantal Brassard at 819 739 4717, extension 1264.

**Registration period:** Any time.

Josée Roy, CPA, CA  
Administrative Manager  
and Secretary-Treasurer

Québec 

# Walking in a suit

## Waskaganish youth leader shares Cree perspective on Ottawa conference

by Nicholas van Beek



Elliot on the far right with the Nishiyuu before departing from Waskaganish

On the afternoon of March 25 while the Nishiyuu walkers were arriving on Victoria Island in Ottawa another emerging young Cree leader was huddled inside the National Press Building on Wellington Street getting ready to sit down for an "Introduction to Canadian Government" session.

Elliot Stevens travelled to Ottawa from Waskaganish to participate in the Forum for Young Canadians, which gave him a weeklong crash course in the Canadian political system. Early, on February 21, Stevens had strapped on his handmade snowshoes and walked with the Nishiyuu as they departed from Waskaganish. "I wanted to experience

it," he said. "I wanted to walk with them, and learn."

Stevens is the Student Council President at Wiinibekuu School in Waskaganish and is in his final year. While the Nishiyuu were in Waskaganish at their welcoming feast, Stevens gave a speech greeting them on behalf of the Wiinibekuu School students, and for the first time in his young political life he was offered leadership coaching by Youth Grand Chief Joshua Iserhoff, who was present.

As a result of Stevens' show of leadership, Waskaganish Youth Chief Melissa Whiskeychan and Marleine Gelineau, the leadership coordinator of the local Youth

Fusion after-school program, sought to send Stevens to Ottawa to cultivate his abilities. The twist was that the forum was taking place the week when the Nishiyuu were to arrive on Parliament Hill. At such an important time in Cree political history Stevens would be the only Cree youth attending a major event for young leaders from around Canada.

When the Nishiyuu were only a few blocks from their destination, Stevens said he had "felt white" since he was wearing black shoes and a suit and tie and keeping to a tight schedule. He even bumped into some friends from Waskaganish who were surprised to see him dressed that way.



With minimal time scheduled for sleep Stevens attended sessions explaining dry details of the Canadian political system, having debates late into the night about political issues, attending dinners with MPs and making friends with a diverse range of young leaders from around Canada – all of which are a part of the Forum schedule.

**“AFTERWARDS, WHEN I SPOKE TO STEVENS HE WAS KIND OF QUIET BUT HAD A SMILE, THAT HE WAS ABLE TO BE PART OF IT AND GO FULL CIRCLE.”**

“Most of them didn't even know who the Nishiyuu walkers were. They thought they were just people trying to fundraise or something,” Stevens said. In an interview conducted by his classmate Samuel McLeod on the Wiinibekuu School radio show Stevens mentioned that he “was the only one there living on a reserve, and they didn't even know where it was exactly. They were really interested in my community, and asked a lot of questions about the Cree and about Waskaganish.”

Jonathan Perron-Clow, an organizer of the Forum, saw the importance of Stevens's attendance. “It is hugely valuable, both for him and for non-Aboriginal participants. For non-Aboriginals, it gives them the chance to see something they might not otherwise see, and make real links between what they see at the program and what goes on back home.

“For Aboriginal participants it gives them tools to make changes in their community, and to interact with other Aboriginals. Whether they be Aboriginals living in the city or on a reserve. It gives everyone the opportunity to see that young Aboriginals are very



Standing in front of Parliament Hill with other Forum participants

photo by Nicholas van Bee



Elliot with Youth Fusion Leadership Coordinator Marleine Gelineau at the World Exchange Plaza

photo by Nicholas van Bee

dynamic and want to make positive change,” Perron-Clow added.

Stevens spoke of a debate he had at the Forum, which was set up to discuss seal hunting in Canada. “I was supporting the Native hunters, which they just call the seal hunters. [...] The other group was against it, but they didn't have good points. They said the hunters waste the food – they just kill seals and leave them there. But they've only seen photos, they haven't seen it in person like we have.”

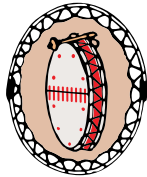
Then Stevens added, “I was there, I saw my grandfather shoot a seal. He fed it to his family. That's what I told them. Have you ever seen a guy hunt a seal before? They were kind of shocked by it.”

Engaging in these kinds of discussions is exactly what Perron-Clow says is so good for the participants. “It's about having the confidence that people want to hear what you have to say, and then sharing it,” he said.

Despite the busy schedule Stevens was able to take a quick break to join the Nishiyuu walkers as they arrived on Parliament Hill. “Afterwards, when I spoke to Stevens he was kind of quiet but had a smile, that he was able to be part of it and go full circle,” said Perron-Clow.

When asked what's next for him, Stevens calmly responded, “I don't really know what I want to be right now, but going to college is a good start.”





C.R.A.  
A.R.C.

# PUBLIC NOTICE



G.C.C.E.I.

Please take notice that **ELECTIONS** for the offices of **Grand Chief/Chairperson** and **Deputy Grand Chief/Vice-Chairperson** of the **Grand Council of the Crees of Eeyou Istchee** and the **Cree Regional Authority** has been called.

The schedule for the elections is as follows:

**ADVANCE POLLS:** To be determined.  
**ELECTIONS:** July 15, 2013.

**Nominations for the Positions of Grand Chief/Chairperson and Deputy Grand Chief/ Vice Chairperson are now open.**

The qualification for eligibility to vote and to participate in the elections is as follows:

- a) To be a Cree beneficiary in the James Bay and Northern Quebec Agreement.
- b) To be of the age of majority at the date of the elections (18 years of age on July 15, 2013).
- c) Not to be affected by any legal incapacity.

Any nomination for candidacy must be duly made by ten (10) eligible voters, as prescribed in the attached nomination forms for both positions, in order to be declared a valid nomination by the Chief Electoral Officer. No one shall or sign a nomination for more than one candidate for either position.

The deadline for submission of the nomination forms is at **5:00 p.m. on Friday May 24, 2013**. Please be advised that nominations received after the posted time will not be accepted.

The nominees will have until **5:00 p.m. on Friday, May 31, 2013** to inform the Chief Electoral Officer whether to accept or decline his/her nomination.

The nomination forms can be obtained from the Local Returning Officers that have been appointed by the Chief Electoral Officer as per the attached schedule or from the office of the Chief Electoral Officer at:

**Lawrence Jimiken**  
**Chief Electoral Officer.**  
c/o Cree Nation of Nemaska,  
32 Michistaauyau  
Nemaska, Quebec  
J0Y 3B0  
**Tel: (819) 673-2512 ext. 204**  
**Fax: (819) 673-2542**  
**Cell: 819-865-7094**  
**E-mail: lawrjimi@hotmail.com**



# Breaking the mould

## The truth about moulds and your health

by Amy German

Whether it is in images on the news of abandoned homes in Attawapiskat or a creeping fungus that has just appeared in your own basement, mould may be a relatively new problem to the north but it can have a huge impact on both your home and your health.

According to Dr. Elizabeth Robinson from the Cree Board of Health and Social Services of James Bay (CBHSSJB), mould has only become an issue with homes in the north since the 1970s when home construction changed as a result of the then energy crisis and homes became airtight. While draughty houses may have accounted for high energy costs, they did allow for air to circulate and humidity to escape.

"Now that our houses are airtight, it's a whole new ballgame," said Robinson.

Mould problems have made some Cree homes unlivable, and recently, it was the reason why the new Mistissini hospital project had to be delayed by a year.

While that situation has since been remedied, the lesson to be learned here is that if the appropriate steps are taken, mould growth can be stopped as it is an easy-to-fix problem if caught early enough.

At the same time, Robinson said that gaining an understanding of the basics of the impact of mould on human health, what it is, how it can grow in your home and what to do about it is the first part of tackling the problem.

"Moulds are microorganisms which means that they are living things, but they are too small for us to see. Bacteria and viruses are also microorganisms, and we can't see them either," said Robinson.

In buildings where there are mould problems, the air quality is poor because

of the chemicals and the spores (think tiny invisible seeds in the air) released by the mould.

People living in homes with significant mould problems can experience a number of different health issues, starting with irritations of the eyes, nose, throat and skin. As Robinson explained, while these symptoms are not life threatening, they can certainly be annoying. She also said that other issues like headaches and some fatigue are quite common, but mould isn't the only air-quality issue that can have these effects.

Moulds can also trigger an allergic response in some individuals. For someone whose respiratory system might

be compared to that of a home where the adults smoke indoors; in other words, it can have a measurable impact.

In rarer cases, moulds can get into people's lungs and cause pneumonia where the mould is actually growing in an individual's lungs. However, according to Robinson, this kind of thing is not common and has been seen more in cases in hospitals where patients already have issues with their immune systems. It can also happen in workplaces, like a barn where you have a ton of mould.

You don't however need to work in a barn to have issues with mould in your workplace as it is a common problem in

"YOU HAVE TO MAKE SURE THAT THAT A FAN IS VENTED TO THE OUTSIDE BECAUSE SOMETIMES PEOPLE TAKE SHORTCUTS WHEN THEY ARE BUILDING AND DON'T VENT IT TO THE OUTSIDE."

already be compromised, as in the case of an asthmatic, mould can aggravate pre-existing asthma and that is well proven. When faced with mould, asthmatics tend to get sick and this can get worse and so they tend to use more medication if there is mould in the air.

According to the CBHSSJB's Public Health department, it has been shown that mould growth in homes can cause new cases of asthma in adults and it is well known that damp and mouldy houses lead to more respiratory infections in children, like ear infections (otitis), colds, bronchitis, sinusitis (sinus infections) and other related problems.

Sometimes the air quality in a mouldy home is so bad that the effects on a child's respiratory health can be com-

pared to that of a home where the adults smoke indoors; in other words, it can have a measurable impact.

The problem is so common that the Public Health department is now trying to help the people of Eeyou Istchee deal with it before it becomes an issue.

"People are more afraid than is really warranted, but it is because they don't know and they hear all of these things," said Robinson.

"There needs to be more information out there about what moulds can and can't do to your health and how to get rid of them because it isn't all that complicated."

The first step is getting an understanding the origins of mould in buildings. Mould occurs naturally outside and so the mould you find inside your home



Catch the radio show called "Iiyuu Companii Tipaachimuun" on JBCCS every 2 weeks Thursday mornings at 8:15-8:45am and replayed on Saturday mornings at 9am.



# IYUU COMPANII TIPAACHIMUUN

A presentation of The Board of Compensation and the Cree Regional Economic Enterprises Company



A TALK WITH

**Randy Bosum,**

**Vice-Chairperson of the Board of Compensation and CREECO.  
And Deputy Chief of Ouje Bougoumou.**

You seem to be a young man and in a very important position, how does one become a Vice Chairperson of the Board of Compensation and CREECO?

Watchiya. Yes I am 35 and it is a great honour for me to serve in this capacity and hope that I can serve as a role model to other young Cree members of the Cree Nation to know that we all have skills and talents we can share to make us a stronger nation. As a member of Ouje Bougoumou, I was voted to the Board of Compensation by my community in 2008. I was recently voted in as the Vice in December of 2012. Prior to becoming the Vice Chairperson, I gained experience by serving on the Board of Directors of CREECO and other subsidiaries of CREECO

**What is the role of the Vice Chairperson at the Board of Compensation and CREECO?**

The role of the Vice Chairperson is basically to act as Chair in the absence of the Chair. As part of my responsibilities as Vice, I serve on the Executive, the CREECO Board and the Boards of various subsidiaries such as Air Creebec, Cree Construction, Gestion ADC, and Valpiro.

**What are the latest developments at the BOC and CREECO?**

Our main focus is to ensure the Cree Nation is fully aware of what is happening at the BOC and CREECO. We have a regular show every 2 weeks on JBCCS, we also have regular inserts in the Nation magazine. Those two mediums are very informative and showcase our senior management of all our companies as well as the board members. We are presently updating our new website: [www.creeco.ca](http://www.creeco.ca)

**Mr. William MacLeod, President/CEO of CCDC and Gestion ADC mentioned that he will be retiring on September 6, 2013. How long was William with CCDC?**

He started in 2002 and helped CCDC go through its highest volume in the history of CCDC. He has given CCDC his full

commitment and on behalf of the Board of Compensation and CREECO we want to thank him for his professional and loyal service for over 11 years and wish him a very Happy Retirement. We are presently advertising for a new President/CEO that we hope to hire beginning in early June.

**What are some of the most recent projects BOC and CREECO has been working on?**

The Board of Compensation approved disbursement of **\$7 million** for the fiscal year 2013-14. **\$5million** will be granted to the communities for economic development. The other **\$2million** will be allocated to various Cree Entities such as the CTA, COTA, CNACA, Regional Youth Council, Elders' Council and other worthy entities. We were major sponsors of the recent Roundtable on Capacity Building last March which many students attended. We are always proud to support such initiatives.

**You have a fundraiser event coming up; can you tell us about it?**

Yes, the 1st Annual Board of Compensation and CREECO Golf Classic. It will be taking place at the Val-d'Or Golf Course on Thursday June 20th. The funds will help to support our bursary awards program as well as community programs in Eeyou Istchee such as school breakfast programs. Our Chairperson, Darlene Cheechoo will be Co-President with Honorary Co-President Joshua Iserhoff, Youth Grand Chief. We invite all the communities and businesses to come join us to help raise funds for our Youth. Explore our website to see the recognition and fabulous prizes to be won. Visit [www.boc-creeco-golf.ca](http://www.boc-creeco-golf.ca) to register your organization.

*With the spring upon us we wish everyone a safe and successful goose hunt and look forward to seeing you on June 20th at our golf event in Val-d'Or.*

**[www.boc-creeco-golf.ca](http://www.boc-creeco-golf.ca)**

**CREECO is the holding company for:**



**[www.creeco.ca](http://www.creeco.ca)**



originated from spores that came in through the air from outside.

It is natural to have lots of mould in the outdoor air, not so much in the winter but during the other seasons.

For mould to start growing in a building however, the circumstances have to be just right. As Robinson explained it, mould needs "food and water," and so in this case that is a porous surface, such as wood, jip rock, ceiling tiles, insulation or paint. Mould can also grow in dust as well, but will not form on other kinds of surfaces where it can't breathe so they won't grow on pyrite or metal.

To attract mould, those surfaces need to get wet and remain wet. In as little as 48 hours, mould can start to grow. If left unattended, a tiny bit of mould can turn into a major problem.

"If there is any kind of a leak, you have to clean it up within 48 hours. If anything has stayed wet for more than 48 hours you should remove it. Change those ceiling tiles, and cut out the jip rock that has gotten soaked if your basement was flooded," said Robinson.

Just because you don't have a leaky roof or leaky pipes doesn't mean that you are not going to experience a mould problem. Overcrowding in a home, a frequent issue on many Native reserves, can also be a major source of a mould problem.

In homes where there are several individuals living, Robinson said it is necessary to make sure that the air exchangers or fans are running as often as possible and that they are run for at least 20 minutes after each person takes a shower.

A common mistake many people make is that they won't have the exchangers on because they can be very noisy, but they are absolutely necessary to ensure that a mould problem doesn't develop. Maintaining these systems is equally important as vents can frequently become blocked or filters are not changed which can render a system useless. It is these filters that will trap the mould that is naturally occurring in the air and keep it from growing on your surfaces.

"You have to make sure that that a fan is vented to the outside because

sometimes people take shortcuts when they are building and don't vent it to the outside. In a transit that the Health Board owns in Mistissini, the kitchen fan just blew the air back into the house," said Robinson.

In the event of a major spill, it is necessary to tackle the problem right away to ensure that there is no stagnant water left to develop any issues. And if you discover any mould in your home, take immediate action.

Robinson said that small amounts of mould can be cleaned up with regular dish soap and water and a little bit of scrubbing. A small amount of mould would be about a square metre. If larger amounts of mould are discovered on a porous surface like jip rock, the square should be cut out and replaced.

But, if you discover that you have a major mould problem, calling in a professional is necessary. Find a company that can deal with the issue and if you are in band-council housing, contact the necessary authorities to take care of it immediately.

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**The Mistassini Hostels have been added to Schedule F of the Indian Residential Schools Settlement Agreement (“IRSS Agreement”) for the period of September 1, 1971 to June 30, 1978.**

*To all who resided at the Mistassini Hostels in Northern Quebec between September 1, 1971 and June 30, 1978*

**BE ADVISED** that the Mistassini Hostels have been added to the list of “Indian Residential Schools” under the IRSS Agreement for the period of September 1, 1971 to June 30, 1978. Justice Rolland of the Superior Court of Justice has ordered that former residents of the Mistassini Hostels who resided there during the period of September 1, 1971 to June 30, 1978 are eligible to apply for compensation in the form of a Common Experience Payment (CEP). As well, those former residents who suffered sexual and/or serious physical abuses, or other abuses that caused serious psychological effects while at these hostels, may apply for additional compensation under the Independent Assessment Process (IAP).

All **CEP** applications relating to the Mistassini Hostels must be filed **on or before September 2, 2013**. All **IAP** applications

relating to the Mistassini Hostels filed **on or before September 2, 2013** will be considered to have been received by September 19, 2012.

This Notice extends only to applications relating to residence at the Mistassini Hostels. ***It does not alter the existing deadlines under the IRSS Agreement in place for other eligible Indian Residential Schools.***

For more information on both processes, please call toll free, 1.866.879.4913, or go to [www.residentialschoolsettlement.ca](http://www.residentialschoolsettlement.ca) to read the Settlement Agreement and other Court approved notices, or write to Residential Schools Settlement, Suite 3-505, 133 Weber Street North, Waterloo, Ontario N2J 3G9. The IRS Crisis Line (1.866.925.4419) provides immediate and culturally appropriate counselling support to former students who are experiencing distress.

**For more information call 1.866.879.4913 or visit [www.residentialschoolsettlement.ca](http://www.residentialschoolsettlement.ca).**





## UNDER THE NORTHERN SKY

### On the trail of history

by Xavier Kataquapit

I find travelling liberating. When I first started to visit other countries I did so with a minimal knowledge of history. The more I travelled, I realized I wasn't getting a good sense of where I was. It was wonderful to climb up to the Acropolis and view Athens from the ancient ruins, but I did so initially without really knowing much about where I was.

As the years went by, I became more interested in world history. For the past decade, this has become one of my obsessions and I read as much as I can about our shared past on this planet. One of the striking things I found was that war and violence has played such a huge role in the development in we human beings.

As a First Nation person, I have been part of an experience that has resulted in being conquered by the European. All of the European cultures were very well developed by the time they reached our shores. Often I think that my ancestors must have been amazed at the arrival of the tall ships as well as the warriors and missionaries who spread out across the land. I think it would be more or less the same as if we, inhabitants of earth, were being visited by some advanced race of aliens from outer space.

I have been very fortunate to have travelled much of the world over the past 15 years. It has been a real thrill to be able to look at ancient ruins like the Roman Forum where Caesar ruled and was assassinated, the Moorish castle of the Alhambra where Isabella greeted Columbus on his arrival from the New World, the Acropolis hill where civilization as we know it today was born, the mysterious prehistoric stone monuments of Stonehenge in southern England and the old medina market centre of Fez in Morocco.

Once I researched and studied some of the historic importance and relevance of these monuments it made me more respectful of the time, the places and the people I was honouring. It didn't take me long in reading about the Phoenicians, the Greeks, the Romans, the Carthaginians, the Germanic tribes, the Arabic nomads and the Egyptians before I realized that there was a dominant theme. This theme had to do with a very small aristocratic, wealthy and powerful group that controlled

and in many cases enslaved the greater population. To maintain this power and flow of wealth, all of these people through history have turned to war, violence and conflict.

I was shocked to discover that almost all of the developments through history have centred around people's quest for expansion, control, power and wealth. I discovered pockets of special moments when some of these cultures paused to reflect and wonderful things happened. Some of these periods included classical Greece that was the seed of our western culture, the Roman expansion that spread this knowledge throughout Europe over hundreds of years, the Moorish/Islamic period of Spain that saw the first universities in Europe in the Middle Ages and the Renaissance of Italy that rediscovered ancient knowledge that had been neglected for centuries.

It occurred to me as I read about such historic leaders as Alexander the Great, Hannibal of Carthage, Pyrrhus of Epirus, the great Roman leaders Sulla, Julius Caesar and Augustus and in our modern era with characters like Napoleon, Patton, Eisenhower and Churchill that war and violence has dominated our development as a species. In looking back on this I find it enlightening yet sad that we live in a world today that continues the same narrative. The names and places have changed but the story has remained the same. These days our western culture is after the oil and resources in places like Iraq, Afghanistan, Libya and throughout Africa. Those who control the wealth of the world are still few while most of the population, except for about 10% regarded as the middle class, are impoverished.

As a Native person of Canada, I consider myself very fortunate and unique in that I have walked in the footsteps of so many giants in history at some of the most spectacular historic places in the world. It is my humble prayer for humanity as we move forward that somehow miraculously we will grasp the concept of justice, equality, fairness and respect for each other and our environment. At this point, it doesn't look very good.

# CLASSIFIEDS

## PUBLIC SERVICE ANNOUNCEMENTS

### **Human Rights education and information activities for community organisations**

The Education and Cooperation Division of the Commission des droits de la personne et des droits de la jeunesse is offering your community association free of charge a variety of human rights workshops and resources. The main goal of the workshops is to promote a culture of human rights throughout Quebec society. We will be dealing with key human rights values, as well as their accompanying responsibilities. To obtain more information, we invite you to read the enclosed leaflet or to consult our website at: <http://www.cdpedj.qc.ca>. Click on English, and go to Training, and then Community groups. If you are interested in any of the workshops, please do not hesitate to contact us to plan a workshop at a time convenient for you.

**Available now in your Aboriginal Entrepreneurship Online Community.** In videos and Q&As, on location at the Aboriginal Entrepreneurship Conference Women Leaders workshop and online across Canada... Sheila Isaac, Anne Noonan, Julie Pelletier, Nicole Robertson and Tracy Scarlett share insights with women from across Canada on leveraging leadership, overcoming obstacles and succeeding in business. This unique video series illustrates how to do it! It's real, it's useful and it's FREE. [www.ideaconnector.net/womens-sharing-circle](http://www.ideaconnector.net/womens-sharing-circle)

**Meetings in Mistissini: Alcoholics Anonymous,** Tuesday's Hope Meeting, are at 7PM at the Mamou-Wechidodow Building Amisk Street. **Alanon Meetings** are on Tuesdays as well at 7PM at the Mamou-Wechidodow Building Amisk Street. **Alateen Meetings** are on Mondays at 3:30PM at the Reception Centre 282 Main Street. These meetings are all open meetings.

**TD Scholarships for Community Leadership** - Apply today! Applications available at Your high school or CEGEP (in Quebec) Online at [www.td.com/scholarship](http://www.td.com/scholarship) or Call 1-800-308-8306 TTY (Text telephone) 1-800-361-1180

**Cultural Manual for Foster and Adoptive parents of Aboriginal Children,** launched at the last Gathering of the NETWORK on October 3... CHECK IT OUT! [www.reseautlnetwork.com/eng/Portals/5/Cultural%20Manual.pdf](http://www.reseautlnetwork.com/eng/Portals/5/Cultural%20Manual.pdf)

**The Aviva Community Fund** is Canada's longest running online community competition. With over \$2.5 million

dollars given away to date, the Aviva Community Fund is making a difference in communities across the country. Submit your idea for positive change and have a chance at sharing in this year's \$1 million Aviva Community Fund.

For more info go to <http://www.avivacommunityfund.org/>

### **Kid's Help Phone Line:**

1-800-668-6868

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

**Youth Helpline:** 1-800-263-2266 ([www.teljeunes.com](http://www.teljeunes.com))

**Parents' Helpline:** 1-800-361-5085

[www.parenthelpline.ca](http://www.parenthelpline.ca)

**Missing Children's Network:** They'll help you find kids who have run away or disappeared.

514-843-4333

[www.enfant-retourquebec.ca](http://www.enfant-retourquebec.ca)

**Drug Addiction help** and reference: 1-800-265-2626

[www.drogue-aiderreference.qc.ca](http://www.drogue-aiderreference.qc.ca)

**Gambling Addiction help and reference:** 1-800-265-2626 ([www.info-reference.qc.ca](http://www.info-reference.qc.ca))

**S.O.S. Conjugal Violence:**

1-800-363-9010

[www.sosviolenceconjugale.com](http://www.sosviolenceconjugale.com)

**Health and Sexuality Resources Center:** 1-888-855-7432 (Monday to Friday, 9am to 5pm) ([www.criss.org](http://www.criss.org))

**Gay Helpline:** 1-888-505-1010 (Monday to Friday, 8 am to 3 am and Saturday-Sunday, 11 am to 3 am)

**The Native Women's Shelter of Montreal:** 1-866-403-4688 ([www.nwsm.info](http://www.nwsm.info))

**Suicide Action Québec:**

1-866-277-3553

[www.suicide-quebec.net](http://www.suicide-quebec.net)

**Residential School Survivors:** A 24 hour toll-free crisis line is available to provide immediate emotional assistance and can be reached 24-hours a day, seven days a week: 1-866-925-4419. Other support services and information for survivors is available on the AFN website at: [www.afn.ca/residentialschools/resources](http://www.afn.ca/residentialschools/resources)

**Concordia University, Montreal:**

The Centre for Native Education has changed its name to the Aboriginal Student Resource Centre (ASRC). The new name is inclusive of the First Nations, Inuit and Métis students the centre serves and recognizes its role as a resource for the Concordia community. For any further details contact: [aboriginalcentre@concordia.ca](mailto:aboriginalcentre@concordia.ca) or 514-848-2424 ext. 7327.



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